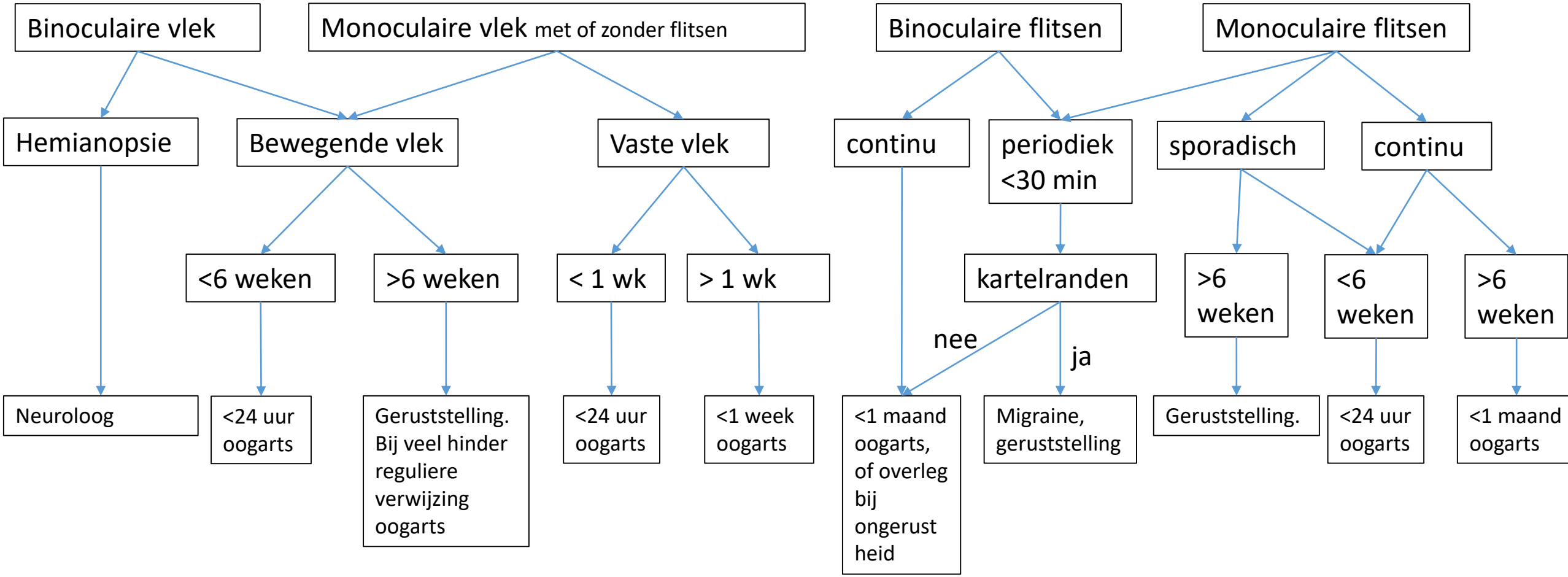Vlekken en / of flitsen